

**Our commitment  
to you is:**

Compassion  
Acceptance  
Respect  
Excellence in service

**Where you can find our services**

**Perth**

134 Palmerston Street Perth WA 6000  
P: 9328 7355 perth@palmerston.org.au

**Palmerston Farm TC**

Contact through Palmerston Perth

**Fremantle**

Level 3, 22 Queen Street Fremantle WA 6160  
P: 9430 5966 fremantle@palmerston.org.au

**Rockingham**

Unit 2, 31 Council Avenue Rockingham WA 6168  
P: 9550 9200 rockingham@palmerston.org.au

**Mandurah**

22 Tuckey Street Mandurah WA 6210  
P: 9581 4010 mandurah@palmerston.org.au

**Thornlie**

312 Spencer Road Thornlie WA 6108  
P: 9267 2400 thornlie@palmerston.org.au

**Albany**

Unit 3, 90 Frederick Street Albany WA 6330  
P: 9892 2100 albany@palmerston.org.au

**Katanning**

19 Daping Street Katanning WA 6317  
P: 9821 8306 katanning@palmerston.org.au

**Denmark**

Unit 7, 39 Strickland Street Denmark WA 6333  
P: 9848 1491 albany@palmerston.org.au

**palmerston.org.au**

Palmerston Association is a leading and respected not for profit organisation supporting people with alcohol and other drug (AOD) issues in Western Australia.

Completing a drug or alcohol program is a major accomplishment, but often you might need additional ongoing support in a less formal way. During the weeks, months and even years after completing a program, individuals are still at risk of relapse – returning to the behaviour they have worked so hard to change. Palmerston's continuing care programs help minimise that risk, and keep you moving forward on the road to achieving your desired goals.

Our services are free, confidential and everyone is welcome.

## Continuing care program

Palmerston offers a range of ongoing options:

- SMART Recovery groups
- social groups
- telephone based wellness checks
- referrals to other self-help groups

## What's next for me after my formal program

What support might be most helpful as you continue to move forward? You might want to talk to your counsellor about one of the programs and ask:

- do you think you still need support?
- what kind of support has worked best for you so far?
- are your existing social circles reliable and will they encourage you to be your best self?
- do you see any benefits in expanding your social circle?
- would group work be helpful for you?
- would you value continued support to set new goals?

One of the following programs may suit your personal needs:

## SMART Recovery groups

Self Management and Recovery Training (SMART) Recovery groups are run every week across all of Palmerston's branches. In a supportive group environment, SMART Recovery group members are encouraged to set goals and challenge each other to change their strategies and approach to goal setting. The aim of SMART Recovery is to help individuals gain control over their addictive behaviour, achieve a balanced lifestyle and lead meaningful lives.

## Social groups

Palmerston's social groups are run by and for consumers. They aim to increase the social connectedness of all group members, providing an open and easily accessible collection of regular activities and events for those who may experience some form of social isolation. These groups provide a non-judgmental and supportive space in which to rebuild social connectivity and experience all the benefits associated with this.

## Telephone wellness checks (TelChecks)

Our TelChecks program is an innovative support program for people who do not want to participate in groups or counselling, but would like to be able to check in on their wellbeing in a supportive environment.

Over a 12 week period, participants in the TelCheck program engage in weekly phone conversations. During these calls participants work through a series of activities that focus on values and goal setting and have the opportunity to check in with a counsellor/support worker on their well being.